



The Relationship of Learning Motivation to Physical Fitness and Learning Achievement of Physical Education Students

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ABSTRACT

Education has a goal related to human behaviour in various ways and sources, so the concept of learning requires an understanding of its relationship with learning as a process of gaining knowledge, experience, and making changes in the form of reactions and human nature. The purpose of this study was to see the relationship between interest in learning, physical fitness, and learning achievement. The type of research used is correlation research, which is one of the analysis techniques in statistics used to find the relationship between two quantitative variables. The results of the study for study interest and physical fitness showed significant results with a sig value of $0.03 < 0.05$, and the relationship between study interest and student achievement showed significant results with a sig value of $0.034 < 0.05$. At the level of the relationship, it is known that it is very strong between variables. The conclusion is that there is a relationship with a significant value and a very strong level of relationship between variables. The implication of the research is that when students have an interest in learning in lectures, it will have a positive impact on several aspects, including physical fitness and learning achievement.

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INTRODUCTION

In the world of education, there are several things that need to be known about how education includes processes about individuals, society, and a national community related to these individuals and plays a role in choosing the nature and fate of individuals and society. Education has a goal related to human behaviour that is carried out through various means and sources. The concept of learning needs to be understood, namely that learning is a process of gaining knowledge and experience and forming changes as a reaction to this



relative human nature. Learning activities need encouragement to actively participate and create a challenging atmosphere without discarding developmental stages, paying attention to messages through learning, and encouraging independence (Jeschke et al., 2019). So that at one level of education, namely on campus, you must understand the interest of students in learning in lectures, because interest in learning is a process that is passed through the process of assessing an object so as to get a result. Its function is a tool to achieve learning goals, including helping in the formation of the body, the formation of achievement, the speed of the thinking process, and the formation of the child's personality (Suharto, Muhtar, & Dinangsit, 2019), so that what can be known is something that stays on the object and subject so that it feels compelled to something.

This makes the world of education re-evaluate student interest in lectures. Interest is part of motivation, because people who have or have a great interest in an activity When applied to a learning process related to the physical, the importance of interest in playing is important because lectures require interest that can increase physical linkages during lectures. (Chen, Sun, Zhu, Chen, & Ennis, 2019). Learning interest that is acquired through a learning process is developed through the process of evaluating an object and then getting a result. An exclusive evaluation of the object that results in a person's interest in learning. A person's tendency towards individual interest is always associated with participation in activities; individual beliefs become one of the interests and interest factors influencing lectures. (Ainley, 2010). Interest is a tendency that remains in the subject or object to feel compelled to do something.

Interest plays a very important role in encouraging students in understanding, skills, and activities in every lecture activity carried out. When student lectures are not driven by interest, these activities will not be optimal. Lectures are interactions between students and lecturers using several forms of activities, including approaches, delivery techniques, lecture materials, and learning resources that exist in an environment (Pane & Darwis Dasopang, 2017). In attending lectures, students have the aim of gaining knowledge and experience so that they succeed in the academic field on campus. Learning achievement is the result obtained after learning activities for several months in the form of the ability to master skills and knowledge in this science. The results of attending these lectures, namely student learning achievement, are seen from several grades obtained from the specified form of assignments in the form of skills and knowledge tasks.

There are several influences related to student learning achievement, one of which is related to psychological and physiological factors, including psychological factors, one of which is interest in learning to get good results, and for physiological factors, it is related to fitness and health. Fitness is always related to the ability to perform movement activities in everyday life and the ability to carry out physical activities without feeling fatigued so that they can carry out other activities. There are several domains related to physical fitness, including aerobic or cardiorespiratory fitness. Important components of fitness include muscular endurance, muscular strength, balance, agility, body composition, and muscle tone. (Katzmarzyk, 2014). health-related physical fitness, which includes: Body fat composition is a description of the comparison of active body tissue mass with that not actively involved in energy metabolism. (Gallagher et al., 2000). Flexibility, or flexibility, is the availability of joint space to provide tolerance for the maximum use of the joint. (Dantas, Daoud, Trott, Nodari, & Conceição, 2011). Heart-lung endurance (cardiorespiratory) Is the ability of the heart and blood vessels to supply oxygen to be able to perform activities (Kamyran, Labania, Kamyran, Rahman, & Bagchi, 2020). Physical fitness components are influenced by several factors, including Age, Gender, Smoking, Health problems, Physical activity, and obesity. (Shomoro & Mondal, 2014)

Every person has everything related to physical fitness in their life. Lectures are one of the tools in educating by using activities that are or are related to motion through lectures related to practise that are applied, and it is hoped that students have skills and knowledge about these lectures so that they have the expertise to teach the material and knowledge about honesty, sportsmanship, responsibility, and expertise in moving related to the growth and development of these students. By having the ability to do an activity related to physical activity well, it will have an impact on good achievement results, namely learning achievement. Learning achievement is the result of educational assessments of student progress after carrying out learning activities. (Mediawati, 2020). Learning achievement is the result of assessing with an assessment tool after a planned learning process that includes both material and practise that is adjusted to assessment or measurement (Cleopatra, 2015). Achievement is obtained through evaluation or assessment. Each child will have different learning outcomes or achievements from one another. Achievement obtained from learning outcomes after being assessed and evaluated can be low, medium, or high.

MATERIALS AND METHODS

This study uses a correlational research design to find the relationship between two variables without any attempt to influence these variables. The type of research used is correlation research, which is one of the analytical techniques in statistics used to find the relationship between two quantitative variables (Hasanah, 2017). Data collection instruments are for interest in learning using a questionnaire, physical fitness testing with the MFT test, and learning achievement seen from the results of the scores obtained. The number of samples was 95, so they used the total sampling technique. The results of the data that have been collected from questionnaire measurements, physical fitness measurements, and the results of learning achievement scores are analysed descriptively. A statistical correlation analysis is used for the relationship between variables by looking at bivariate analysis using a simple correlation test with the aim of knowing whether or not there is a relationship between each variable.

RESULTS AND DISCUSSION

Learning Interest Research Results

The data obtained was based on the results of the questionnaire asking to learn, and after that, it was analysed descriptively with the following results. Based on the table 1, the descriptive analysis results show a minimum value of 75.00, a maximum value of 90.00, a mean value of 85.0421, and an SD value of 3.34192.

Table 1. Descriptive Statistics Request Learning

	N	Minimum	Maximum	Mean	Std. Deviation
interest_learning	95	75.00	90.00	85.0421	3.34192
Valid N (listwise)	95				

Physical fitness research results

After obtaining physical fitness data after descriptive analysis, the following data were obtained.

Table 2. Descriptive Statistics physical fitness

	N	Minimum	Maximum	Mean	Std. Deviation
physical fitness	95	21.00	36.00	29.2737	4.50872
Valid N (listwise)	95				

The results of the descriptive calculations above show that the minimum score is 21.00, the maximum score is 36.00, the mean score is 29.2737, the SD score is 4.50872.

Learning achievement research results

Descriptive calculation data regarding the level of student learning achievement can be seen in the following table:

Table 3. Descriptive Statistics Learning Achievement

	N	Minimum	Maximum	Mean	Std. Deviation
Learning Achievement	95	43.00	91.00	78.4632	12.25423
Valid N (Listwise)	95				

Calculation of descriptive results of learning achievement data shows the value by obtaining a minimum value of 43.00, a maximum of 91.00, a mean of 78.4632, and a standard deviation of 12.25423. After conducting descriptive testing of research data regarding the relationship between interest in learning, physical fitness, and student learning achievement, and then seeing the results of research based on the categories of each variable studied, the data can be seen as follows:

Table 4. Learning Interest score category

Rent Norm	Category	Frequency	Percentage
$X > 89.5$	Very Interested	12	12,63 %
$86.5 \leq X < 89.5$	Interest	39	41,05 %
$83.5 \leq X < 86.5$	Moderate Interest	32	33,69 %
$80.5 \leq X < 83.5$	Lack of Interest	8	8,42 %
$X < 80.5$	Very little Interest	4	4,21 %
	Total	95	100 %

Based on the table above, the results of students' interest in learning show that the category of very interested is 12 (12.63%), interest is 39 (41.05%), moderate interest is 32 (33.69%), less interest is 8 (8.42%), and very less interest is 4 (4.21%). Furthermore, looking at the results of research on the variables studied, namely physical fitness, the data can be seen as follows:

Table 5. Physical Fitness Results

Category	Rent Norm	Frequency	Percentage
Very good	53 and above	0	0%
Good	43 - 53	0	0%
Medium	34 - 42	26	27,37 %
Less	25 - 33	44	46,31 %
Very Poor	24 and below	25	26,32 %
	Total	95	100 %

The table above regarding the category of physical fitness shows that the category is very good 0 (0%), good 0 (0%), moderate 26 (27.37%), less 44 (46.31%) and the category is very less 25 (26.32%). To see the results of research on learning achievement variables, the data can be seen as follows:

Table 6. Learning Achievement Test Results

Rent Norm	Category	Frequency	Percentage
$X > 97$	Excellent	0	0 %
$85 \leq X < 97$	Good	31	32,63 %
$73 \leq X < 85$	Medium	46	48,42 %
$61 \leq X < 73$	Less	7	7,37 %
$X < 61$	Very Poor	11	11,58 %
Total		95	100 %

In the learning achievement variable after calculating the data, it can be seen that in the excellent category 0 (0%), good 31 (32.63%), moderate 46 (48.42%), less 7 (7.37%), and the category is very less 11 (11.58%). The following hypothesis calculations were carried out in the study using the Product Moment correlation test technique: The following correlation test results can be seen based on Table 7.

Table 7. Correlations Results Of Learning Interest And Physical Fitness

		Learning Interest	Physical fitness
Learning interest	Pearson Correlation	1	.771
	Sig. (2-tailed)		.030
	N	95	95
Physical fitness	Pearson Correlation	.771	1
	Sig. (2-tailed)	.030	
	N	95	95

In the correlation calculation table, interest in learning and physical fitness show significant correlation with a sig value of $0.03 < 0.05$, so it can be seen that there is a relationship between interest in learning and physical fitness based on the sig value. For the level of relationship between variables based on the value obtained, the level of relationship is strong with a value of 0.771. As for the correlation calculation for interest in learning with learning achievement, it can be seen in the following table:

Table 8. Correlation Results of Learning Interest and Learning Achievement

		Learning Interest	Learning Achievement
Learning Interest	Pearson Correlation	1	.747
	Sig. (2-tailed)		.034
	N	95	95
Learning Achievement	Pearson Correlation	.747	1
	Sig. (2-tailed)	.034	
	N	95	95

Based on the correlation calculation table between study interest and student learning achievement, it shows significant significance with a sig value of $0.034 < 0.05$, so it can be understood that there is a relationship between study interest and learning achievement according to the sig value. At the relationship level, it is known that the value of 0.747 includes a strong relationship between variables.

Discussion

Based on the results of the data calculation with the correlation test, the results for student interest in learning show that there is a significant correlation between interest in

learning and physical fitness with a sig value of $0.03 < 0.05$, and for interest in learning achievement with a value of $0.034 < 0.05$, the results show a positive relationship between variables. Requesting learning can be said to be a sense of interest in something and activities related to oneself and outside oneself, and activities become a factor of teachers and facilities with high interest, so that students are encouraged to carry out activities in achieving goals and objectives because they will be sure and aware of the goodness, importance, and benefits. In lectures, learning interest plays a very important role in life because it has an impact on a person's behaviour and attitude. Learning emphasises mastery of knowledge and experience that will be carried out because learning interest gives a long-term tendency towards objects or carrying out activities related to feelings of interest. The success of the learning process based on the expected goals achieved in optimal achievement can be influenced by several factors, including psychological and physiological factors (Juniar, Rohyana, & Rahmat, 2019). According to Mahdoni, Syahniar, & Bentri (2017), there is a positive and significant relationship between physical fitness and learning achievement. Whatever is done will be embedded and can be used to practise it in student life.

Learning is an interconnected process between students and teachers, learning resources, and the environment, with the aim of changing behaviour according to the goals to be achieved. So that activities carried out based on learning interests will have a positive impact on other aspects, one of which is the aspect of student physical fitness, because if you are active in lectures related to practical activities, it will contribute more to doing movement activities. Physical fitness is the ability to carry out daily activities that require energy capacity related to the low risk of developing diseases related to a lack of physical activity (Sukamti, Zein, & Budiarti, 2016). Physical fitness is a component of the development of positive attitudes towards physical activity. One of the most effective strategies for promoting physical activity in children and adolescents related to physical fitness is usually carried out in the school setting. (Bukowsky, Faigenbaum, & Myer, 2014). Fitness is the capacity of a person's body to adapt to physical activity without causing undue fatigue. (Howley, 2001). The benefits of a good level of physical fitness are related to human physical performance but also to the achievement of learning achievement. (Subarjah, 2016). Based on learning achievement, it has an impact or influence on student satisfaction, so a teacher must be committed to having a positive impact on students (Xiao & Wilkins, 2015). So that facilities for learning will be positive and student satisfaction will increase, always openly communicate with students regarding their ability to provide and related to the field or expertise conveyed in the context of life to increase student satisfaction.

CONCLUSION

After discussing the relationship between interest in learning physical fitness and learning achievement, it is found that there is a significant relationship between these variables based on the sig value. It can be seen that the sig value is $0.03 < 0.05$ for interest in learning physical fitness and $0.034 < 0.05$ for interest in learning achievement, with the results showing a very strong positive relationship between variables.

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CONFLICT OF INTEREST

Author No conflict of interest to declare.

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